



Yogurt Dipped Pretzels

Ingredients

- 20 regular thin twist pretzels
- 6 oz nonfat plain greek yogurt
- 1 tablespoon sugar free white chocolate pudding mix
- 2-4 oz unsweetened vanilla almond milk
- 1 drop pink food coloring (optional)
- 1 tablespoon sprinkles

Directions

1. Mix yogurt, pudding mix, almond milk and food coloring until yogurt is thin enough to dip pretzels in
2. Dip each pretzel then place a parchment paper lined baking sheet
3. Add sprinkles and freeze for 30 minutes before enjoying!

Store in sealed container in freezer

Macros per pretzel 16 calories 2 fat 1 protein 2 carbs



Pineapple Chicken Thighs

Ingredients

- 1 lb boneless skinless chicken thighs
- 1 oz soy sauce
- 1 oz pineapple juice
- 1 oz honey
- 1 clove garlic
- Salt and pepper to taste

Directions

1. In a bowl combine soy sauce, pineapple juice, honey, garlic and salt and pepper. Whisk together.
2. Heat pan to medium high heat with small coating of olive oil. When pan is hot add chicken thighs to sear, around 3-4 minutes each side.
3. When almost cooked through take the mixture and pour into pan. Let chicken cook in sauce until it reduces in half around 3-4 minutes.
4. Remove and serve with a side of rice and fresh pineapple slices

Macros for chicken (no sides) 4 oz portion 190 calories 11 fat 22 protein 10 carbs